

Web site: www.linedancermagazine.com

E-mail: admin@linedancermagazine.com

Start with weight on L foot.

Sea Of Heartbreak

32 Count, 4 Wall, Improver Choreographer: Niels Poulsen (DK) Nov 09 Choreographed to: Sea Of Heartbreak by Rosanne Cash feat Bruce Springsteen

Intro: 16 counts from first beat in music (app. 11 seconds into track).

1–8	Walk Fw R, ¼ R, Sailor ¼ R, Walk Fw L, Walk Fw R, ¼ Side Rock Cross
1–2	Walk fw R (1), turn ¼ R stepping L to L side (2) [3:00]
3&4	Cross R behind L (3), turn ¼ R stepping L a small step to L side (&), step fw R (4) [6:00]
5–6	Walk fw L (5), walk fw R (6) [6:00]
7&8	Turn ¼ R rocking L to L side (7), recover weight on R (&), cross L over R (8) [9:00]
9–16	Side R, Together L, R Back Lock Step, Side L, Together R, L Step Lock Step
1-2	Step R to R side (1), step L next to R (2) [9:00]
3&4	Step back on R (3), lock L over R (&), step back on R (4) [9:00]
5-6	Step L to L side (5), step R next to L (6) [9:00]
7&8	Step fw on L (7), lock R behind L (&), step fw on L (8)
* RESTART on 5th wall, facing 9:00	
17–24	Step ½ L, R Shuffle ½ L, Back Rock L, L Shuffle ½ R
1-2	Step fw on R (1), turn ½ L stepping onto L (2) [3:00]
3&4	Turn ½ L stepping back on R (3), step L next to R (&), step back on R (4) [9:00]
5-6	Rock back on L (5), recover weight to R (6) [9:00]
7&8	Turn ½ R stepping back on L, step R next to L (&), step back on L [3:00]
Note:	non turny option for shuffle ½ turns are to do regular shuffles forward and back
25–32	R Back Rock, R Kick Ball Change, R & L Side Switches, R & L Heel Switches
1–2	Rock back on R (1), recover weight to L (2) [3:00]
3&4	Kick R foot fw (3), step R next to L (&), change weight to L (4) [3:00]
5&6&	Point R to R side (5), step R next to L (&), point L to L side (6), step L next to R (&) [3:00]
7&8&	Touch R heel fw (7), step R next to L (&), touch L heel fw (8), step L next to R (&) [3:00]

*RESTART: DURING 5th wall, AFTER 16 counts, facing 9:00.

ENDING: Start 9th wall facing 6:00. To end facing 12:00 do counts 1-8, when doing count 9 you turn ½ L stepping back on R foot.

Linedancer Magazine, 166 Lord Street, Southport, United Kingdom, PR9 0QA Tel: +44 (0)1704 392300 Fax: +44 (0)1704 501678